

Abstract of the Disclosure

An information recording apparatus includes:
a recording device capable of recording information into a
data area of an information recording medium, by irradiating
laser light, in conformity with a predetermined error
correction method; an optimum-recording-power detecting device
for obtaining an optimum recording power of the laser light,
by recording test writing data into a data area portion with a
length which is equal to or less than an allowable defect
length in the predetermined error correction method, within
the data area, by using the recording device; and a
controlling device for controlling the recording device to
record the information into the data area with the obtained
optimum recording power.